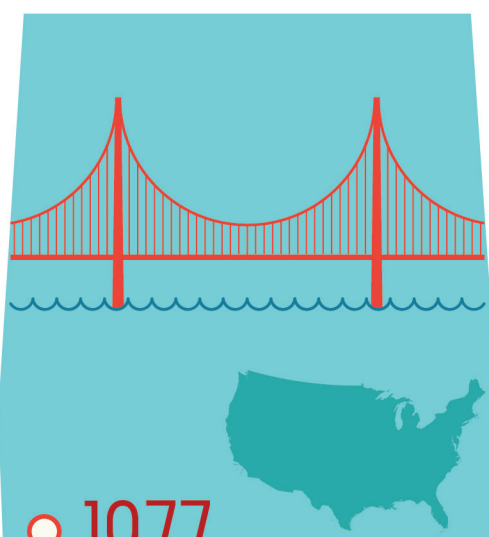


○ **1965**

Nearly 42 percent of U.S. adults smoke cigarettes.*



○ **1977**

The Society takes the Great American Smokeout nationwide in San Francisco's Union Square.*



○ **1999**

Tobacco companies are ordered to pay \$206 billion to cover Medicaid costs for treating smokers.*



○ **2009**

The Family Smoking Prevention and Tobacco Control Act regulates the sale, manufacture, and marketing of tobacco products*.



○ **1974**

Minnesota has its first Don't Smoke Day.*



○ **First 1-800-QUIT-NOW** quitline launches and begins taking phone calls from smokers.




○ **2012**

The FDA publishes a list of harmful ingredients in tobacco products and smoke.*




○ **1976**

The California American Cancer Society® gets nearly one million smokers to quit for the day.*



○ **1990**

The U.S. bans smoking on all interstate buses and domestic flights six hours or less.*



○ **2001**

Quitline Iowa debuts and begins helping tobacco users.



○ **2015**

Together, state quitlines have helped millions work toward living tobacco-free.

GREAT AMERICAN SMOKEOUT | NOVEMBER 19, 2015

Make your old pack history. Join the Great American Smokeout®. For years, we have been helping smokers just like you snuff out their cigarettes—for good. We can help you, too.

Take the first step. Enroll in Quitline Iowa. Once you do, a Quit Coach® will help you map out a plan to quit. Throughout your quit, your coach will give you tried-and-true strategies to fend off cravings, stay strong in social situations, and avoid the emotional and physical triggers that can derail you at home and work. You may even qualify for free nicotine replacement therapy like patches, gum or lozenge.

1.800.QUIT.NOW (1.800.784.8669)
www.quitlineiowa.org



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 1 800 QUIT NOW | 1 800 784 8669



* History of the Great American Smokeout (<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/history-of-the-great-american-smokeout>)